



# Foggy Bottom News

APRIL 1987

Published for and by the citizens of Foggy Bottom

Volume 31, No. 7

## Ruling on 26th and L Plan Pending

By Kirsten Olsen

The two sides of the 26th and L development proposal are waiting for a verdict on how the development will proceed, and under what restrictions.

The DC Zoning Commission, headed by Chairman Lindsley Williams, heard the developer's testimony April 9th and examined the Office of Planning's recommendations and heard testimony from Foggy Bottom groups April 16. At the close of the hearing, Chairman Williams stated that a decision would be made in June and published in July.

The local groups protesting the application at the hearings were the Foggy Bottom Association, the Foggy Bottom/West End Advisory Neighborhood Commission, and the Potomac Overlook, Westbridge and Bader tenants' associations. These groups argued the developer's proposed building is too high, too bulky,

does not have enough amenities for the future occupants or Foggy Bottom residents, and would not be an asset to the community.

The lot, on the corner of 26th and L Streets, is 11,296 square feet, and the developer's proposal calls for a building of 10 floors with the ground floor devoted to retail shops and the 10th floor to offices, with rental units in between. Revisions were presented at the April 9 hearing by the developer but did not include changes of importance to the community.

The developer is the "26th and L Limited Partnership," headed by DC sports attorney Richard Bennett. It includes as investor/owners Redskins running back Art Monk, former Redskin Terry Metcalf, and Brig Owens, according to Bennett's zoning attorney Kirk White, Attorney David Wilmont, general counsel for the

Convention Center.

The Foggy Bottom groups protested the developer's building exceeds the matter-of-right restrictions of 90 feet tall (at a proposed 94.75') and floor area ratio (FAR) of 6.0 (at a proposed 7.89). The ANC, in testimony by ANC Chair Charles Clapp, said to allow these relaxations in zoning would "set a dangerous and uncharted precedent for the future development of our neighborhood."

Bennett would not comment outside of the hearing on his partnership's application.

The Office of Planning's report, issued April 6, moved the developer's plan be approved.

Councilman John Wilson was the only opponent to testify at the April 9 hearing. Wilson charged that the developer's proposal was "an injustice to the concept of Planned Unit Development. Wilson said the office of Planning report was



ANC Chair Charlie Clapp shares with interested FB residents one of the exhibits introduced at the hearing.

weak, and that the amenities of the project did not balance what the community was giving up. Wilson called the project "luxury transient housing" with the rents that Bennett had proposed being \$1700 for a 700'

one-bedroom, \$2000 for a 1050' one-bedroom with den and \$2600 for a 1300' two-bedroom. Wilson said at those prices, the building would not contribute the shortage of housing in the community.

## Older Americans Month at St. Mary's Court

by William A. Matthews

May is nationally recognized as Older Americans Month and events are being planned both nationally and locally to honor our older Americans. St. Mary's Court, a senior residence facility in the Foggy Bottom community, plans to celebrate the month with many events open to the community as well as residents.

Two lead-off events are in April. On **Friday, April 27**, the Court is hosting a "**Volunteer Salute**" to honor both residents and community members who volunteer their time to assist the Court. The salute is part of the National Volunteer Week schedule.

On **Tuesday, April 28**, the monthly **Birthday Party** will be held with refreshments, food and dancing. Featured this month will be the D.C. Metro-

politan Police Choir. 7:30 p.m.

A **Flower and Bake Sale** in the parking lot of the Court will be held on Saturday, May 9. A variety of bedding plants will be offered and home-baked goods will also be on sale. Refreshments will be served and there will be a "Balloon Release to Celebrate Older Americans Month," in which balloons with names and addresses inside will be released. 10:00 a.m. to 4:00 p.m.

Eddie McDermion and his Band will be at St. Mary's Court on **Tuesday, May 12**, for the Thrid Annual "**Oldies but Goodies**" Party. Everyone is invited for refreshments and dancing. 7:30 p.m.

**Tuesday, May 19**, has been named "Health Awareness Day" as part of Older Americans Month. At St. Mary's

Court, **Dr. Robert Carboni** from the University of Maryland will give a **free lecture** at 1:15 p.m. on the topic of "**Who Says You're Too Old to Learn.**"

The **Annual Trip to Atlantic City** is scheduled for **Wednesday, May 20**. A bus will leave St. Mary's Court at 8:30 a.m. and return about 10:30 p.m. that evening. The cost of the trip is \$20 which includes admission to a show at the Casino. \$10.00 is also given back in coins to those going to the Casino.

The D.C. Office on Aging is also planning events, the principal one to be "**Senior Day**" at the Shoreham Hotel. This is an annual event featuring a talent show by senior citizens. This event will be on **Friday, May 22**.

## INSIDE:

John Wilson Introduces Helipad Bill ..... p. 3

## Meeting Foggy Bottom Association

### General Business Meeting

**8:00 P.M.  
APRIL 27, 1987**

**St. Paul's Parish House  
2430 K Street, N.W.**





The trees pictured were seen and photographed on April 15, reminding us that tax money sometimes is well spent.

Does this look like any normal day at Washington Circle? Perhaps, but in reality a movie with lots of extras was being filmed.





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## We Get Letters Is Foggy Bottom Safe for Pets?

On March 29 a seven-month-old kitten was found dead at he basement entrance to one of our neighborhood hotels. No wounds were evident and no limbs were broken. Speculation runs from a fall from a tree, an injury from a car, or poison. The latter seemed the most likely.

The hotel manager advised that they had not used any poison in the last six months. However, some homeowners may set traps to try to poison rodents, and inadvertently make a dangerous neighborhood for family pets.

Pets are an important and to some almost necessary part of life, most especially to older people who count on them for companionship. Let's use extreme caution with any kind of poison.

—Melita Rodeck

## CLASSIFIED

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The Gift Shop at Columbia Hospital for Women Medical Center has a position available for a Manager. Will be responsible for buying, keeping track of stock and hiring personnel. Must have experience in purchasing, selling, bookkeeping, dealing with the public and past management experience. Interested candidates should send in resume by April 30, 1987 to Human Resources, 2425 L Street, N.W., Washington, D.C. 20037. E.O.E.

April 1987

Volume 31, No. 7

## Foggy Bottom News

The *Foggy Bottom News* is a publication of the Foggy Bottom Association. All editorial and other assistance is contributed on a volunteer basis by residents of the area.

Editor ..... Ellie Becker  
Assistant Editor ..... Kirsten Olsen  
Circulation ..... Judy Thomas/Ellie Becker  
Advertising ..... Donna Costlow

### May Issue Deadlines:

Articles & Ads to be typeset - May 6  
Camera-Ready Ads - May 17

Crime Watch ..... Bob Alcorn  
Local News ..... Elizabeth Charette  
Feature Writers ..... Deborah Cahill-Zelinka/  
Donna St. John

All announcements, letters, articles, etc., welcome but must be typed **doubled spaced**. Please include an evening phone number. Send to:

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Washington, D.C. 20037

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## John Wilson Introduces Bill to Ban Helicopter Landing Pads in Residential Neighborhoods

George Washington University (GWU) plans to build a helicopter landing pad on the parking lot next to the Foggy Bottom Metro station.

Councilman John Wilson (Ward 2) has introduced legislation in the D.C. City Council to prohibit helicopter landing facilities in residential districts. It is being referred to the Committee of the Whole chaired by Council Chairman David Clark.

Anyone with a little common sense knows that the noise and safety hazards of helicopter landing facilities are not compatible with residential neighborhoods.

News reports (CBS and 60 Minutes) indicate that medical

helicopters have a questionable safety record.

GWU has applied to the Federal Aviation Administration (FAA) for permission to construct the helicopter pad. FAA will study only the safety aspects of the proposal. FAA will not evaluate noise or other impacts on the neighborhood

pad will be used only in mass disasters, but in testimony before the Board of Zoning Adjustment (BZA) GWU officials admitted that the helicopter pad will be used for *any* emergency patients.

Last September, GWU withdrew the proposed helicopter pad from the campus plan pending before the BZA. BZA now says it has no authority to approve or disapprove the helicopter pad.

This proposal is an important matter for Foggy Bottom. Residents interested in voicing an opinion should call or write all At-Large Councilmembers and any other Councilmembers. A list of addresses and phone numbers follows.

and has no need to worry about the concerns of residents.

GWU claims the helicopter

## NEWS COMMENT

**Council of the District  
of Columbia**  
1350 Pennsylvania Ave., N.W.  
Washington, D.C. 20004

### COUNCIL PERIOD SEVEN

COUNCIL CHAIRMAN DAVID A. CLARK (At Large)	Room 107	724-8176
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Chairperson: Committee on Finance and Revenue		724-8126
Committee Clerk: Jackie Helm		
COUNCILMEMBER JAMES E. NATHANSON (Ward 3)	Room 108	724-8021
Executive Assistant: Pamela Gell		

(continued on page 5)

## Make an "Escapette"

By Kirsten L. Olsen

I find occasionally I need a spot in the sun where I can relax and distance myself from "Washington." If you are like me and don't have a porch or garden, and want someplace where you can be left alone, I have some suggestions for you — if you promise absolutely, positively, **not** to tell anyone without a Zone 2 sticker.

My first hideaway is atop the Kennedy Center. Just ride the elevators up to the restaurants, and slide out the glass doors at either end of the main hall. A stunning view and empty picnic tables beckon. This spot is especially seductive during the summer months where you can watch the car lights emerge on the bridges as the sun sinks behind the horizon. Best of all only the occasional tour group stops here, and usually not for long. Of course — it's free, always important after paying the mortgage.

My second "mental refresher" is West Potomac Park, just a short walk down the bike trail by the river. Walk toward the Lincoln Memorial and when you see the volleyball courts on your left, follow the trail through the middle. You will go under a bridge, by the old concert steps and and emerge

at the end of Independence Avenue. On your left is a great frisbee park, and on the right, by the quietly lapping water of the Potomac, you can claim a willow tree. Lie on your back and let the slight breeze rustle the strands dripping down from overhead. It is one of my favorite two-hour respites. A warning: on Saturday and Sunday there are recreational games on the fields behind you so bring your Walkman for uninterrupted reverie.

My third spot is when you, or you and a friend, want to get outside but are not into baking like meatloaf on the sun. Next to GW's Medical Center on the right side of the median as you walk to the Metro from Eye Street, are a few chess boards (or designed writing tables) where you can have a match with a friend. They are nice, generally clean, and not very frequently used. I never get bored sitting there because that whole little park could classify as a "prime people-watching" district.

So next time you are going crazy 'cause you can't get out of the city, make a short "escapette."

Sometimes we all need it.



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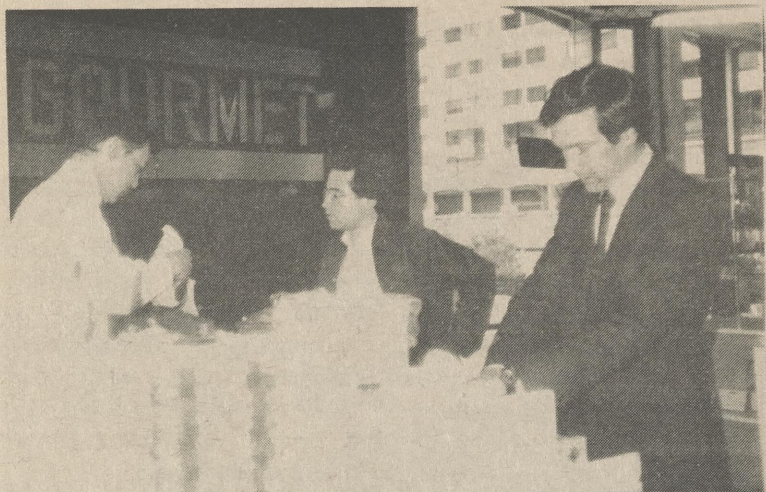
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## THINK GOURMET!

by Richard Price



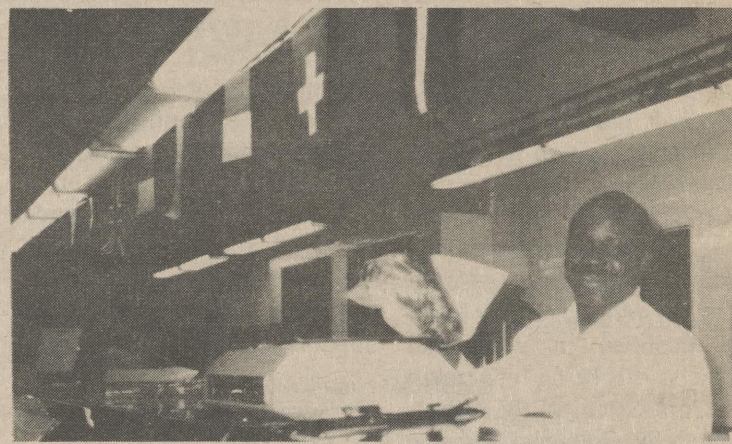
Gourmet manager Joel Jussell checks out a customer; Rob Oursler keeps busy nearby.

We have a new neighbor — sort of. Those of us who have shopped occasionally or regularly at the Gourmet in Columbia Plaza discovered a number of months ago that some major changes were under way. The name had not changed but the management had. Gourmet at Columbia Plaza has had a new owner/manager, Rob Oursler, these many months, and Rob, his wife Mary, and partners Werner and Gladys Kupper have gone to great lengths to revitalize a much needed business in our neighborhood.

When you're tired of the lines and chaos at other supermarkets or need that special ingredient for a favorite dish, think of Gourmet. Under Rob's management, Gourmet has become a place where it is possible to do a broad range of your weekly grocery shopping, and at competitive prices.

I particularly like Gourmet's meat department with its prime and choice cuts and full meat-cutting services that includes a delicious stuffed boneless leg of lamb — again competitively

priced. But that's not to say I haven't at the same time come to rely on the Gourmet for its wide-ranging deli that offers everything from cold salads to hot entrees to a wide range of cheeses and sliced meats. In response to a customer survey, Rob and company have recently upgraded the selection and quality of fresh fruits and vegetables and lowered their prices. The bakery at Gourmet uses more than 20 specialty kitchens to supply the many products that are stocked there. And Gourmet also has an enormous



Meat manager Bill Alston with one of his department's specialties.

selection of jams, jellies, olive oils, dressings, pastas, and other specialty condiments.

The shop is open Monday to Friday from 7:30 am to 8:00 pm; Saturday from 10:00 am to 6:00 pm; and Sunday from 10:00 am to 5:00 pm. They will do your shopping for you on request, and delivery on orders over \$25 is free.

Rob's committed to serving Foggy Bottom and that's what I like most about the Gourmet. He wants our input and sugges-

tions for ways to better serve us and he follows through. Rob promises to carry garden plants this spring, for instance, because customers indicated there was no place in the neighborhood where they could buy such things. Gourmet even offers complimentary one hour parking at Columbia Plaza if we've been out driving and prefer to stop, rather than walk. The location couldn't be better, the convenience more pleasant, or the service friendlier. So, think — and buy — Gourmet!



Columbia Plaza's Eve Bachrach is aided in her selection by Gladys Kupper, whose specialty is the fruit and vegetable department.



The author is not the only one who likes the deli counter's selection.

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## WORD OF MOUTH

By Jeffrey S. Balter, DDS, PC

### Gnaw, Gnaw, Nanette

Your teeth, jaws and muscles form an exquisite machine capable of opening and closing your mouth thousands of times every day, often with tremendous force. It is extremely important to have a harmonious bite relationship; that is — upper and lower teeth lined up properly with each other when the jaws are closed. This leads to more efficient chewing with less strain on the teeth and muscles and helps avoid loose teeth, pain, and the dreaded "TMJ Syndrome" (which will be discussed next month). Biting irregularities can be caused by improperly timed or improperly located contacts between the cusps (the pointy bumps) of the upper and lower teeth during chewing. In our office, we will sometimes recommend a "bite adjustment"

or "equilibration," to obtain a bite free of these irregularities. A "bite adjustment" involves subtle reshaping of the problem teeth resulting in smoother function and often an amazing increase in comfort. Cusps that may force food to become wedged between the teeth of the opposite jaw can be similarly adjusted. This can prevent both cavities and gum irritation and help avoid bad breath.

What does all this mean to you? It means the health and strength of the teeth and gums will be preserved. Also less strain will be placed on the chewing muscles, resulting in a greater degree of chewing comfort. A great many benefits from such a simple procedure! Watch for equilibration and TMJ Syndrome next month. . .

Please call us at 337-7266 or write to us at  
730 24th St. N.W., Washington, D.C. 20037  
if you would like free additional information on this topic



## News from the Library

### New Hours

The District of Columbia Public Library has begun a new schedule at 11 of its branches, including our West End branch (24th and L Streets, N.W.). The branches, formerly open for 40 hours a week spread over 5 days, will now be open

for 55 hours a week over six days. The libraries are now open at 9:30 a.m., Monday through Saturday. West End closes at 5:30 p.m. four days (Tuesday, Thursday, Friday and Saturday) and at 9:00 p.m. on Mondays and Wednesdays.

### New Computerized Reference Service Available at DC Public Library

The District of Columbia Public Library recently installed a new computerized reference service, MAGAZINE INDEX/PLUS, in the History and Literature Divisions of the Martin Luther King Memorial Library (901 G Street, N.W.) and in the D.C. Public Library's four regional branches. These branches are the Chevy Chase (Connecticut Ave. near McKinley Street, N.W.), Francis A. Gregory (Alabama Ave. & 37th Street, S.E.), Georgetown (Wisconsin Ave. & R Street, N.W.) and Woodridge (Rhode Island Ave. & 18th Street, N.E.) regional libraries.

MAGAZINE INDEX/PLUS is a subject index to articles from more than 400 of the most widely-read magazines in the United States. The service covers magazine references since 1984, as well as 90 days of indexing for the *New York Times* newspaper. The MAGAZINE INDEX/PLUS database is updated monthly. Patrons can easily operate this service's "user - friendly" microcom-

puter without the assistance of a librarian. Once the desired citations are displayed on the computer screen, they can be printed at no charge to the patron.

MAGAZINE INDEX/PLUS is linked to MAGAZINE COLLECTION, a service available in the Periodical Room of the Martin Luther King Memorial Library. Many citations have numbers matched to a microfilm cartridge in MAGAZINE COLLECTION. These cartridges provide full-text of popular magazines. Articles may be read directly or copied at 15 cents per page on the system's reader-printer.

MAGAZINE INDEX/PLUS extends the Library's electronic reference service begun last fall with the installation of InfoTrac, a computerized index, in the main library's Business Division. For additional information on MAGAZINE INDEX/PLUS and other electronic reference services at the D.C. Public Library, call 727-1171.

### D.C. Public Library Begins Books-on-Tape Rental Service

In celebration of National Library Week, the Audiovisual Division of the Martin Luther King Memorial Library has begun its Books-on-Tape rental service. The Division is in Room 226 of the Library, which is located at 901 G Street, N.W.

The Books-on-Tape service will make audio-cassettes of fiction and nonfiction books available to individuals who are at least 16 years old. Users must have a valid borrower's card from the D.C. Public Library and a driver's license or a non-driver's identification card. There is a rental fee of two dollars per title for a 2-week loan. Tapes are available on a first come, first served basis and they cannot be reserved.

Works by a wide variety of authors, including Nora Ephron, Agatha Christie, John Updike and Jane Austen, are in the collection. Books-on-Tape is an ideal service for commuters, joggers, cooks and others who prefer to hear a story rather than read one. For additional information about this new Library service, call 727-1265.

## FACES OF FOGGY BOTTOM

by Kirsten Olsen



**Name:** Kelly Brown  
**Hometown:** Clifton Springs, New York  
**Business:** Executive Housekeeper, Four Seasons  
**Hotel:** Georgetown  
**Hobbies:** Jogging, taking classes in something new

The hardest thing about what she does is "keeping my energy level high. You've got to put aside your own problems - if you've got to feeling down you've got to be up."

One thing she's learned since she's started is that "people have different reasons for working. I didn't understand that at first." Brown says language is no problem, and she especially enjoys doing "something beyond the routine like Christmas or spring flowers." (Though she doesn't regularly perform housekeeping duties except at home, during the January snowstorm she cleaned 18 rooms.)

In her free time, Brown keeps fit by jogging and working out at the spa. She also relaxes with friends or at other hotels. She recently took a trip to Boston and a marketing class at The George Washington University.

Brown rents in the Claridge House, the second place she called on her first Sunday in town. "(When the owner) found out I was a housekeeper... she said I'd be perfect."

Brown says she finds "more people come to visit you here" (than when she was in Philadelphia). "I love Foggy Bottom - it's perfect, isn't it? You can walk to everything and it's low-key," says Brown.

Kelly Brown says Foggy Bottom has a "small town feeling," and she should know - she's from a town of 2000 in upstate New York.

Brown has lived in Foggy Bottom for 1½ years after coming from the Philadelphia Four Seasons. She was hired out of Penn State's hotel and restaurant school, and has been with the company four years. As Executive Housekeeper Brown says she supervises 75 people, 5 managers, the rooms, laundry, valet and the interior and exterior of the hotel, right down to the plants and flowers. Brown says she puts in a minimum of 10 hours a day. "It's all right as long as you like what you're doing."

Brown says her position is currently sought-after. "In housekeeping it's very difficult to find the new kind of person they're looking for... college educated, who understands computers and has all the managerial skills. There is a shortage of that type of person."

### Helicopter Ban... (continued from page 3)

COUNCILMEMBER CHARLENE DREW JARVIS (Ward 4)	Room 117	724-8052
Executive Assistant: Trey Coleman		
Chairperson: Committee on Housing and Economic Development		724-8152
Committee Clerk: Beatrix Fields		
COUNCILMEMBER HARRY THOMAS, SR. (Ward 5)	Room 106	724-8028
Executive Assistant: Joseph Phillips		
CHAIRMAN PRO TEMPORE NADINE P. WINTER (Ward 6)	Room 118	724-8064
Executive Assistant: Vaughn Phillips		
Chairperson: Committee on Public Works		724-8064
Committee Clerk: Vacant		
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Executive Assistant: Ann Jackson		
Chairperson: Committee on Human Services		724-8196
Committee Clerk: Ron Collins		
COUNCILMEMBER WILHELMINA ROLARK (Ward 8)	Room 125	724-8062
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Chairperson: Judiciary Committee		724-8031
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## At March FB Meeting...

### WILSON MAKES PLEA FOR D.C. HOMELESS & HOPELESS

In a stimulating and thought-provoking commentary at the March meeting of the Foggy Bottom Association, Council Member John A. Wilson examined a wide range of District, Ward 2, and Foggy Bottom problems. On the problem of major and urgent concern to the community — the George Washington University plan to construct a medical emergency helicopter landing area in the parking lot across 23rd street from the GW Hospital — Mr. Wilson announced that a bill to prohibit the establishment of heliports in residential areas in D.C. would be dropped into the Council legislative hopper the following morning. This announcement was greeted with vigorous and sustained applause.

Councilman Wilson (who was introduced as the "Champion of District Taxpayers") outlined the reductions made by the Council a few days earlier in the budget proposed by the Mayor for the coming year. Turning to the revenue side of District financial planning, Wilson reiterated his conviction that any increase in District income taxes this year is unjustified. He stressed that the income tax "windfall" which District residents have been hearing so much about lately is purely and simply a tax increase. It is neither desirable nor necessary. Wilson underscored his determination to oppose any tax increase this year, and to secure the passage instead of his tax reform measure which will simultaneously provide needed tax relief for District residents and the revenue needed to run the city in coming years. In summarizing the provisions of his reform measure, Wilson declared he intends to retain existing deductions (such as the "circuit breaker" and the exclusion of \$3000 of retirement income) and introduce new deductions/exemptions (such as annual increases in the allowed personal exemption up to \$1250 in 1991), while simultaneously removing the lowest income earners from the tax rolls and reducing the top personal income tax rate from 10% to 9.5%. Anticipating some resistance in the Council, Wilson solicited the active interest and effective political support of the Foggy Bottom community. He urged all those in favor of his tax reform pro-

posal to make certain that all their. At Large Council Members are aware of their support for the Wilson plan.

In the final segment of his presentation (and in the lively question period following his speech), Councilman Wilson addressed the especially difficult problems posed by the homeless and by the mentally ill. He pointed to the challenge to the whole District community posed by "career criminals," and declared that the new prison now finally being planned would unquestionably be too small the very day it is opened. Wilson characterized the District's current public housing effort as the worst in the history of the city, and called upon those responsible to devise new approaches to accelerate routine maintenance of existing units, the prompt restoration of the hundreds of unused city owned houses and apartments to the inventory of usable units, and the rapid upgrading of major public housing projects through the involvement of the occupants in the repair, maintenance, and operation of their project.

Councilman Wilson closed with a moving description of drug addiction and the impact of drugs on many District residents and on the community at large. Pointing to the socially disruptive impact of drugs and characterizing the outlook and attitudes they produce as a fundamental social "crisis," Wilson called for a vigorous counterattack by an aroused community. Public officials, church leaders, businessmen, educators, and private citizens must join together, he said, to halt further drug inroads, and bring back the values and beliefs of earlier years. He also made a plea for awareness and involvement in programs, such as tutoring, designed to restore hope to the addicted to school dropouts and other "hopeless" members of the community.

At 925 25th Street, the quiet building across from the River Inn, Josie Weber has lived for four months while on loan as a copy editor to Gannett's USA Today.

Weber at home is a News/Feature Editor at the El Paso Times, 50 miles from her home in Las Cruces, New Mexico, where her husband is the Managing Editor of the The Las Cruces Sun-News.

While she has been in Washington she "misses great Mexican food" so her husband sends her "care packages with chilis and things from home."

Weber is part of Gannett's loan program where about 40 journalists from different newspapers in its chain come to Washington, live at 925, and work for USA Today in positions similar to those they have at home. "I never thought they would actually let me leave," she said in about her paper's decision to send her to Foggy Bottom.

Her home paper pays the bills for her lodging plus her salary, with USA Today chipping in a stipend and air tickets for her to go home or her husband to visit her here. Working for USA Today as a features copy editor also gives Weber and opportunity to cross-train in the graphics department, the Gannett wire service, and sit in on top level news meetings.

Her schedule at USA Today is from noon until 8 p.m. but the shifts vary from person to person. The newspaper emphasizes short, tight writing and editing so Weber states USA Today is "easy to read and easy to edit."

What she most notices about Washington is the foliage and how expensive everything is. Comparing the two areas, she says that a \$215,000 Foggy Bottom townhouse would buy a nice estate in Las Cruces.

She says she "loves to shop," but wonders "where does all the money in D.C. come from?" The supermarket prices here are about three times what they are at home, she adds.

Weber walks to Georgetown a lot and works out at the Watergate Health Club. Foggy Bottom she describes as "very aristocratic" with colorful townhouses. She likes all the young people in the area. (Las Cruces, a town of 60,000, also is the home of New Mexico State University where she taught journalism for three years.)

As for a future in Washington, Weber thinks that "it is a little too fast" for her, but if she had to "live permanently in

the area, it'd be in Foggy Bottom."

On weekends she has taken time to see the city, and recently viewed the Japanese cherry blossoms and the Festival's parade. Even though she has been to the American History Museum twice, she says she still hasn't seen it all. Her favorite exhibit is the massive flag in the lobby about which the Star-Spangled Banner was written. Everytime she sees the flag she says she "gets choked up."



# Watergate

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## GW OFFERS PROGRAM FOR FAMILIES

Many families are faced with the challenge of a chronic illness or physical disability in one of its members. The family shoulders most of the responsibility and burden of the ongoing management of a long term medical condition, but families receive little support in fulfilling these responsibilities. Information is usually available about the illness itself or about the individual patient's condition. However, little information is provided about managing the medical condition within the context of day-to-day family life. Most families, over the years, have some or all of these experiences:

- Although the family seems to be handling things well enough, there are constant underlying worries, stresses and responsibilities that never really go away.
- Uncertainty about the patient's condition makes it difficult to plan for the future.
- Important needs of other family members go unmet because the illness takes so much family time and energy.
- Developmental milestones — like becoming a teenager, leaving home, getting married or going back to school — seem to be particularly difficult to achieve.
- The family doesn't know any other families who have a chronically ill member and family members feel isolated in their effort to cope constructively with the situation.
- Within the family, it just doesn't seem right to be resentful or disappointed toward someone who's sick and so the family is reluctant to talk about the way the illness or disability affects family life.
- The medical case team doesn't always provide enough understandable information about the illness and often seems critical of

the family's efforts to help the patient.

**The Medical Conditions in Family Life Program.** These and other family concerns are the focus of the Medical Conditions in Family Life Program currently being offered at the George Washington University Medical Center's Center for Family Research. The program is part of a research project designed to explore the impact on family life of long-term medical conditions and to discover what kinds of support groups are most helpful to different kinds of families. At the core of the program is an eight-session discussion group for either whole families or for individuals with illnesses or disabilities. The groups provide opportunities for sharing experiences and exchanging coping strategies with other families or individuals who have experience with chronic illness or disability. The groups are coordinated by trained group leaders but the experts are the patients and families themselves and the meetings are structured to encourage participants' learning from one another.

The first step of the program is an interview at home. A clinician from the program staff visits each family and talks with them about the illness and its effect on family life. Often this turns out to be the first opportunity the family has had to describe its experiences in living with a chronic medical condition. Also during the home interview, family members can ask questions and decide together about enrolling in the program. All of the program services, including the discussion groups, are provided free of charge.

**Who Can Join?** To enroll in the Medical Conditions in Family Life program there must be two family members aged 15 years old or older, one of whom has a chronic illness or physical disability and both of whom share the same household. Of course, there may be other family members who can participate as well. The family member with the medical condition must be able to attend and participate in the discussion group meetings (usually held at the Medical Center) and in two pre-group family interviews.

**How To Enroll.** For more information or to enroll your family in the program, call Mary Elizabeth Horan at (202) 676-2636.

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## Columbia Historical Society Activities

**TUESDAY, MAY 5:  
6:00-7:30 P.M.**

**SLIDE-LECTURE:** *Next Door Neighbors: The White House and The Citizens of Washington, 1790's to 1987*

Columbia Historical Society member **William Seale** spent 10 years researching the White House past for his two-volume *The President's House: A History*, published in the fall of 1986 and now in its third printing. The project was sponsored by the non-profit White House Historical Association here in Washington. Mr. Seale will share with us some of his research experience and several vignettes from the book in an illustrated lecture.

**THURSDAY, MAY 7:  
12:30-1:15 P.M.**

**FREE CONCERT:** Singers from Ellington School of the Arts

Edward Kennedy Ellington, better known as Duke Ellington, is one of Washington's most famous native sons. He was born 100 years ago on April 29, and the city is celebrating his musical talent this month. Twelve students from the Ellington School for the Arts with their director, Samuel Bonds, will entertain at the Columbia Historical Society at a free lunchtime concert. Their selections will include works by Duke Ellington.

**Location:** CHS. Conservatory or Music Room. Enjoy your brown bag lunch before or after the concert in the conservatory or garden.

**Admission:** Free concert; contributions welcome.

**SATURDAY, MAY 16:  
4:00-6:00 P.M.**

**ANNUAL FOUNDERS DAY CELEBRATION**

Each year at this time the Columbia Historical Society celebrates Historic Preservation Week with its annual garden party for members and the awarding of the Renchard Prize for Historic Preservation in the District of Columbia.

This year a very special preservation event is planned for Founder's Day — the replacing of the finial on the Heurich Mansion Tower.

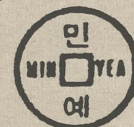
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## BENEFITS & BARGAINS

### A BARGAIN — TWO FOR ONE

By Mary E. Healy

It is spring — time to spruce up our gardens and lawns — time to think about making Foggy Bottom so beautiful with flowering plants, trees and shrubs that we will walk away with a majority of the awards given this year for neighborhood beautification. We keep telling everyone that we have the best neighborhood in the city — and I think we do — now let's show them that it is the most beautiful.

We can start by attending the "Bedding" Plant Sale to be given by St. Mary's Court on May 9 from 10:00 a.m. until 4:00 p.m. at St. Mary's Court, 725 — 24th Street NW. This is a rain or shine date. If it rains, we will go inside so don't let rain stop you. Bedding Plants, I am told, are small garden or patio plants. It wouldn't take much to beautify some of our small yards and patios — and if we all did it the effect would be outstanding — and just beautiful!!

So, let's go spend some of our hard earned money for plants at St. Mary's Court; this will help our neighborhood and at the same time help St. Mary's Court. That's our 2 for 1!!!

Starting at 11:00 a.m. there will be demonstrations every two hours on how to plant. And, there will be a bake sale, hot dogs, sauerkraut, beer and some special refreshments.

### St. Stephen Martyr Holds Spring Parish Social

St. Stephen Martyr's Spring Parish Social will be held on Sunday afternoon, May 17th, at Trinity Theatre, 36th and O Street, N.W., where Assistant Pastor Father Christian Mendenhall will star in the Washington Savoyards production, "The Pirates of Penzance." This lively show is a favorite musical comedy by Gilbert and Sullivan and will be fully staged with orchestra.

Funds raised by the Theater Party will go toward the installation of lights on 25th

Street to highlight the Church and also serve to brighten up this dimly lit area.

The donation per ticket is \$18.00. Tickets may be purchased by calling Sally Kelley — 456-7486 (days) or 333-2698 (evenings). They may also be obtained after the Masses on April 25th and 26th, May 2nd and 3rd, and May 9th and 10th.

All are cordially invited to join us for an enjoyable afternoon in May.

### It's Bargain Time

#### St. Stephen's Rummage Sale Scheduled for May 2

St. Stephen's Spring Rummage Sale will be held Saturday, May 2nd, from 10:00 a.m. until 6:00 p.m., and on Sunday, May 3rd from 10:00 a.m.

until 3 p.m. in the Church Hall, on 25th Street between K Street and Pennsylvania Avenue. Bakery goods, books, clothing and other miscellaneous items will be on sale. Luncheon will be served on both days.

### Redskins/GWU Game April 27 Benefits Miriam's Kitchen

The Washington Redskins "DC Warriors" will play basketball against a team of GWU all-stars to benefit Miriam's Kitchen, a soup kitchen for DC's homeless, at 8 p.m., Monday, April 27, in the Charles E. Smith Center (600 22nd St., NW).

Sponsored by GWU's Sigma Alpha Epsilon fraternity and Program Board, the evening will feature WUSA's Glen

Brenner as master of ceremonies. Tickets, available at all Ticketron locations, are \$5.25 for general admission seating.

Miriam's Kitchen, located in the Western Presbyterian Church (1906 H St., NW), serves breakfast every morning to more than 150 of Washington's homeless.

### Volunteers Needed for Iona House

Iona House Senior Services is in need of men and women to serve as volunteers to assist older residents of Northwest, D.C. The Home Care Support Program needs volunteers to assist older residents who have recently been released from the hospital. Some volunteer services provided to the elderly include: running errands, shopping, household tasks, and companionship. Iona Escorts is a volunteer-based transportation and escort service and provides elderly individuals with transportation to medical appointments, shopping and other outings. A training session for these two volunteer opportunities is planned for the end of May. For more information on becoming an Iona House volunteer phone Bob O'Harra on 966-1055.

## Foggy Doings

By Ellie Becker

A hearty welcome to **Heinz** and **Edith Diedricksen**, who have moved into a townhouse on Eye Street. Heinz has taken on the post of Washington manager for Lufthansa German Airlines, and is hard at work arranging for flights to Europe in and out of Dulles. How lovely to be able to avoid landing at Kennedy! Edith put some of her U.S. neighbors to shame by seeing her husband off for Germany the day of our second snow, then came home and wielded a snow shovel, clearing her driveway and the sidewalk. And they make a handsome pair on their morning run!

The president of the Foggy Bottom Association from 1967 to 1969 was **Charles Schoeneman**. When I ran into him the other day, he reminded me that his daughter was the first child born in the Watergate, and I recalled the event with pleasure, as I got to visit and admire that new arrival. It was hard to believe, though; that young lady is now in college!

There have been some changes at **Watergate Sunoco**. The new manager of the station is **Ricardo Espinoza**, aided by Jeff,

Tony, Isaac, Curtis and Mario. We understand the owner is **Jacob Umanski**, and a man named **Rosty** is involved in the management as well.

I have not seen former owner **Bill Parker**, but I did run into **Steve** who used to work there, and now has a job in an office building on K Street. **Bill Burton** who also worked there is, we understand, at a station on upper Connecticut Avenue.

A word about the maligned pothole people. I have had occasion to call the pothole hotline (767-8525) often this winter, and have found the response very prompt.

I hope you all saw the **Courland Milloy** column about our interesting neighbor, the **School Without Walls**. It appeared early this month, and explained a lot about the school I had wondered about for some time. (The **School Without Walls** is located on G Street near 21st.)

Heartiest congratulations to **FBN's** own **Kirsten Olsen** for her first "byline" in the *Post*. Her original article in the *News* resulted in a major one in the *Post* about the helipad on Sunday, April 5.

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